




# March 2020 SIERRA HIGH SCHOOL/SANDY BLUFF



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <p>2 Breakfast<br/>Pancake Wrap/Buttermilk Bar/<br/>Breakfast Round/Assort.Cereal<br/>Fruit,Juice &amp; Milk<br/>Lunch<br/>Chili Beans/Corn Bread<br/>St.Carrots/C.Romaine Salad<br/>Apple Sauce Cup/Orange<br/>Meat Loaf Sand./Salad Bar</p>                | <p>3 Breakfast<br/>Sausage Egg &amp; Cheese Muffin,<br/>Pizza.Fruit Parfait Cereal Bar<br/>Fruit,Juice &amp; Milk<br/>Lunch<br/>Chicken Fajita /Rice Pilaf<br/>Apple / Salad / Diced Peaches<br/>Minestone Soup / Salad Bar</p>                                | <p>4 Breakfast<br/>Mini Pancakes,Cereal,Oatmeal<br/>Cereal Bar,Mini Donut Bites<br/>Fruit,Juice &amp; Milk<br/>Lunch<br/>Pep. Or Cheese Pizza<br/>Green Beans/Spinach Salad/<br/>Rasp.Side Kick/Diced Pears<br/>Baked Potato/ Salad Bar</p>      | <p>5 Breakfast<br/>French Toast Sticks, Bagel w/<br/>Cr.Cheese, Egg/Cheese Burrito<br/>Fruit,Juice &amp; Milk<br/>Lunch<br/>Hot Ham/Cheese Sand.Turkey<br/>Soup/Salad/Apple Sauce/Orange<br/>Grilled Chicken w/Salad Bar</p>                             | <p>6 Breakfast<br/>Cinnamon Roll/ Cereal Bar/<br/>Blueberry Waffles/ Muffin<br/>Juice, Fruit &amp; Milk<br/>Lunch<br/>Spicy Chicken Burger/Sweet Pot<br/>Fries//Corn Salad/Apple/Crasins<br/>Lettuce/Tomato/Onions<br/>Veggie Burger w/Salad Bar</p>    |
| <p>9 Breakfast<br/>Pancake Wrap/ Buttermilk Bar<br/>Breakfast Round/Assort.Cereal<br/>Fruit,Juice &amp; Milk<br/>Lunch<br/>Meat Loaf Sand./Baked Beans<br/>Mix.Veggies/D.Peaches/Apple<br/>Assort. Burrito/Salad Bar</p>                                     | <p>10 Breakfast<br/>Sausage Egg &amp; Cheese Muffin,<br/>Pizza,Fruit Parfait,Cereal Bar<br/>Milk, Fruit &amp; Juice.<br/>Lunch<br/>Baked Chicken/M.Potatoes/Roll<br/>Corn/Apple Sauce/Chopped<br/>Romaine Salad/Blueberries<br/>Three Sisters Soup/ S. Bar</p> | <p>11 Breakfast<br/>Mini Pancakes,,Oat Meal,Cereal<br/>Mini Donut Bites, Cereal Bar.<br/>Fruit,Juice, &amp; Milk.<br/>Lunch<br/>Pep. or Cheese Pizza<br/>Green Beans,Spinach Salad,<br/>Apricot Cup, Raisins<br/>Cheese Quesidilla/Salad Bar</p> | <p>12 Breakfast<br/>French Toast Sticks/Bagel w/<br/>Cr.Cheese.Egg/Cheese Burrito<br/>Fruit/Juice/Milk<br/>Lunch<br/>Chili Verde/Spanish Rice/Beans<br/>Salad/Salsa/Tortilla/<br/>Diced Pears/Strawberries<br/>Baked Chicken w/Salad Bar</p>             | <p>13 Breakfast<br/>Cinnamon Roll, Cereal Bar/<br/>Blueberry Waffles/Muffin.<br/>Juice/Fruit/Milk<br/>Lunch<br/>Hamburger/Baked Fries/Shred.<br/>Lettuce/Tom.Onion/Apple/Raisins<br/>Carrot Sticks<br/>Tuna Sandwich/ Salad Bar</p>                     |
| <p>16 Breakfast<br/>Pancake Wrap /Buttemilk Bar<br/>Breakfast RoundAssort.Muffin.<br/>Fruit, Juice, &amp; Milk.<br/>Lunch<br/>Chicken Burger/Sweet Potato<br/>Fries/Lettuce/Tomato/Onion<br/>Apple/Craisins/Steamed Carrot<br/>Chick.Nuggets w/Salad Bar</p> | <p>17 Breakfast<br/>Sausage Egg &amp; Cheese Muffin<br/>Pizza,Fruit Parfait,Cereal Bar<br/>Milk, Fruit &amp; Juice.<br/>Lunch<br/>Teriyaki Chicken/Steamed Rice<br/>Mixed Veggies,Aloha Roll<br/>Diced Peaches/Craisins<br/>Minestrone Soup / Salad Bar</p>    | <p>18 Breakfast<br/>Mini Pancakes/Oat Meal,Cereal<br/>Mini Donut Bites,Cereal Bar.<br/>Frui,Juice, &amp; Milk.<br/>Lunch<br/>Pep. or Cheese Pizza<br/>Green Beans/Spinach Salad<br/>Raspberry SideKick/Pears<br/>Baked Potato w/ Salad Bar</p>   | <p>19 Breakfast<br/>French Toast Sticks, Bagel w/<br/>Cr. Cheese, Egg/ Cheese Burrito<br/>Fruit,Juice &amp; Milk<br/>Lunch<br/>Turkey Gravy/M.Potatoes/Roll<br/>Strawberry Cup / Apple Sauce<br/>Corn/Romaine Salad<br/>Grilled Chicken w/ Salad Bar</p> | <p>20 Breakfast<br/>Cinnamon Roll/ Cereal Bar<br/>Blueberry Waffles/Muffin<br/>Juice,Fruit, &amp; Milk.<br/>Lunch<br/>Meat Ball Sub/Cole Slaw/Raisins<br/>Spinach Salad/Orange/M.Fruit<br/>Veggie Burger w/ Salad Bar</p>                               |
| <p>23 Breakfast<br/>Pancake Wrap/,Buttermilk Bar<br/>Breakfast Round/Assort.Muffin<br/>Fruit,Juice, &amp; Milk.<br/>Lunch<br/>Asian Meatball Sand./ColeSlaw<br/>M.Veg./Apple/Raisins/S.Salad<br/>Assort.Burrito w/ Salad Bar</p>                             | <p>24 Breakfast<br/>Sausage ,Egg &amp; Cheese Muffin,<br/>Pizza,Fruit Parfait,Cereal Bar<br/>Milk, Fruit &amp; Juice.<br/>Lunch<br/>Chicken Fajita/Rice Pilaf<br/>Corn/Salad / Pear/ Peaches<br/>Three Sisters Soup/ S. Bar</p>                                | <p>25 Breakfast<br/>Mini Pancakes, Oat Meal,Cereal<br/>Mini Donut Bites,Cereal Bar.<br/>Fruit,Juice, &amp; Milk.<br/>Lunch<br/>Pep. or Cheese Pizza<br/>Green Beans/Spinach Salad<br/>Apricots/Craisins<br/>Cheese Quesidilla/Salad Bar</p>      | <p>26 Breakfast<br/>French Toast Sticks, Bagel w/<br/>Cr. Cheese.Egg/Cheese Burrito<br/>Fruit,Juice &amp; Milk.<br/>Lunch<br/>Spaghetti/Garlic Bread/M.Fruit<br/>Steamed Peas/Orange/Salad<br/>Baked Chicken w/ Salad Bar</p>                            | <p>27 Breakfast<br/>Cinnamon Roll,/Cereal Bar<br/>Blueberry Waffle/Muffin<br/>Juice, Fruit &amp; Milk.<br/>Lunch<br/>Hamburger/ Sweet Potato Fries<br/>Shred. Lettuce/Tomato/Onions<br/>Apple/Raisins/Carrots Sticks<br/>Tuna Sandwich w/ Salad Bar</p> |
| <p>30 Breakfast<br/>Pancake Wrap / Buttermilk Bar<br/>Breakfast Round/Assort.Muffin<br/>Fruit,Juice, &amp; Milk.<br/>Lunch<br/>Chicken Burger / Curly Fries<br/>Lettuce/Tomato/Onions<br/>Orange/Craisins/Carrots<br/>Chick.Nuggets w/Salad Bar</p>          | <p>31 Breakfast<br/>Sausage,Egg &amp; Cheese Muffin,<br/>Pizza,Fruit Parfait ,Cereal Bar<br/>Milk,Fruit &amp; Juice.<br/>Lunch<br/>Teriyaki Chicken/Chowmein<br/>Salad/Blueberries/Apple Sauce<br/>Meatball Sub.Sand/Salad Bar</p>                             |    | <p>Tues. &amp; Thursday<br/>Turkey &amp; Spinach Wraps<br/>Caesar Salad<br/>Taco Salad<br/>Spicy Chicken Salad</p>   | <p>Make deposits into your<br/>childs account at<br/><a href="http://www.ezschooldpay.com">www.ezschooldpay.com</a><br/>USDA is an Equal Oppotunity<br/>Employer.</p>   |